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Vol. 38, Issue 14

Salisbury University's Student Voice

February 8, 2011

Sweet sounds of the spring semester



Pat Hackley photo

Members of the Hyperion Ensemble, hailing from Salzberg, Austria, play music in Holloway Hall Auditorium on Feb. 2. The chamber group, highly regarded in Europe, delighted their Salisbury audience in an event sponsored by the Office of Cultural Affairs and World Artists Experiences, Inc.

Fulton dean seeks partnership with university in India

Pereboom says international experiences serve students well long-term

By Mary Capper Staff Writer Mc33298@gulls.salisbury.edu

Pune, India, also known as the Oxford of the East, accommodated Salisbury University students, two faculty members and the Dean of the Fulton School of Liberal Arts, Dr. Maarten Pereboom, over winter

Pereboom traveled to Pune not only for the students studying there at the time, but also to seek out a new partnership with the University of Pune.

Similar to the programs already set up in Estonia, China and Ecuador, Pereboom is trying to launch an exchange program with the University of Pune. Students would ideally be able to spend a semester abroad in India while earning SU credits and paying the same tuition they would pay at SU.

"India has an increasingly globalized economy that is growing endlessly," Pereboom said of why he is hoping India will be the next location for an SU exchange program. "It's vibrant with culture with great poverty but at the same time, great wealth."

The students were taught by Indian professors at the University of Pune and two general education courses were offered. Students were given the choice of two classes: a Buddhist philosophy class or an environmental class. All students were also required to take a basic Hindi

Two SU professors, Dr. Michael Lewis and Dr. Joerg Tuske, oversaw the environmental class and Buddhist philosophy class, respectively.

For this program SU would intend to "create a South Asian studies minor for students who enter this program so they would be able to complete four out of their five classes in India," Tuske said. "This partnership would also bring more international students and faculty to Salisbury. I would go back to India to teach at the drop of a hat."

The professors were able to work side-by-side with Indian professors, but their main role was to make sure that the credits gained in India would transfer into SU credits.

"It was absolutely wonderful working with leading Indian scholars," Lewis said. "(The environmental teacher) was a renowned geographer, founded a school, was a Gandhi activist and gave us tours

and trips." Establishing an exchange program could open the possibility to study abroad for more SU students.

"When you get older there are plenty of opportunities to travel as a tourist, but it is much rarer to be able to be a part of a program that includes such diverse experiences," said Samantha Evans, who studied abroad in India this winter. "Studying abroad seemed like a perfect way to experience actual life in India, not the tourism part of the country that is often advertised to

Westerners." The experience is also a résumé

"In our society the emphasis is on getting the first job," Pereboom said. "What sets apart students from others is the ability to interact with other cultures and the ability to

See INDIA Pg. 2

Planning in progress for 2011 spring concert

By Erin Traylor Staff Writer Et31140@gulls.salisbury.edu

The spring concert is only months away, and Salisbury students are buzzing about who will perform at the 2011 spring concert.

"We will announce (the performers) as soon as we have a signed contract," said Mike Wessel, Student Activities' Graduate Assistant for Programming. This could take anywhere from a week to over a month, as "Everything is still in the works."

Although the concert's logistics are yet to be decided, Christie Stone, SOAP Concert Chair, said it normally takes place in April, "when it starts to get warmer outside, but not too warm that we're all sweating ridiculously."

Tickets will cost no more than ten dollars, and proceeds will go to SOAP's Relay for Life Fund.

"A lot of people have fun and basically it's the big event that we have, like a break from school," she said.

The performers will be chosen based on the results of a survey, which was distributed last semester via campus-wide e-mail.

"The spring concert is about what the campus wants," Wessel said. "So we rely a lot on those surveys." According to Stone, the survey

measured which music genres were the most popular among students. "The genres with the most percentage were hip-hop and rock," she

What the campus wants seems to

be in accordance with survey results. "I listen to everything, but I think a really good concert would be a hiphop or rap concert," said sophomore Mollie Beebe. "Lil' Wayne would

never happen, but it would be epic."

Junior Patrick Laughrige made a "Definitely something hip-hop-ish that people can move around to," Laughrige said of his ideal spring concert. "Wiz Khalifa would be

Other students suggested Katy Perry and Lupe Fiasco.

Last year, Jay Sean and Jason Derulo performed for the SU crowd. "I think it went awesome," com-

mented Stone. However, others said they would have preferred a rock artist, like

Third Eye Blind. "They're SU's band," said sophomore Abby Colby. "Their music

See CONCERT Pg. 2

Professor's artwork to be showcased in South Korea

Kim says he feels honored to be part of highly-regarded exhibit

By Kristina Jackereas Staff Writer Kj94017@gulls.salisbury.edu

From February 11-14, during the Korea Galleries Art Fair at the Dr. Park Gallery in South Korea, five artists are invited to showcase their artwork for the public. One of these artists is Professor Jinchul Kim, who has been teaching at Salisbury since

"Professor Kim is a dedicated painter and professor," said Art Department Chair Brooke Rogers.

"He represents Salisbury well when it comes to his work and inspires his students."

Dr. Park Gallery is showcasing four of his night landscape paintings. Two of these paintings are "Island: If You Just Hold Your Breath," and "Island: Must Quit You."

Ally Glowacki, a Salisbury alumna and subject for the 'is one of the best teachers."

"Breath" painting, feels that Kim

"He pushed me into painting,"

she said. "He expects a lot out of his students, but that always encourages us to do our best.'

For Kim, painting is his whole life and passion.

"I can't imagine being anything else besides an artist; everything you see and do can be turned into artwork," he said.

Aside from creating art and admiring art, Kim participates in art showcases both nationally and internationally, allowing the

See KIM Pg. 2



Jinchul Kim

House rules change for honors students

Executive staff limits Honors House hours due to safety considerations, students voice concerns

By Ryan White Staff Writer Rw57097@gulls.salisbury.edu

Like a pebble dropped into a puddle, the actions of one individual often ripple and affect others. On the night of Christmas Eve, a student had an unauthorized gathering at the Bellavance Honors House, located off Camden Avenue across from Holloway Hall and the Blackwell Library parking

"The gathering involved about 20 individuals who were guests of an Honors student, some of whom were not SU students," said Dr. Richard England, director of the Bellavance Honors Program. "No alcohol or drugs were used and the students left quietly at the request of the campus police officer who responded to the call."

Due to the infraction over winter break, there was "an issue with safety and liability, and therefore a precautionary response was utilized by the Executive Staff at SU," England

The Executive Staff's decision limited the hours from all day and all night to supervised times of approximately 9 to 4 or 5 p.m., according to an e-mail sent by Dr. England to all honors

students. "In addition to providing a great academic environment, SU wants to provide a safe environment," said Provost Dr. Diane Allen in an e-mail. "The unauthorized use of the Honors House during a time when the University was officially closed made us realize that we needed to focus attention on how to ensure the safety of students in all University facilities. A committee will examine policies and procedures for use of campus

facilities in the off hours." In an e-mail sent to honors students on Feb. 7, England said the executive staff will add more security features to the House.

Since the opening of the Honors House, honors students have used it as their sanctuary away from the distractions that often go hand-in-hand with college life.

"It is almost like losing a home away from home; a place to escape when roommates are loud or homework seems neverending," said Emily Thorpe, an honors program student. "I have spent plenty of nights awake in the Honors House, surrounded by empty Diet Cokes and Red Bull cans, typing away on my laptop to crank out the best essay I can."

The consequences have affected other honors students

"We all understand the issue with liability on the University's part, but collective punishment doesn't seem to fit the crime," said Joshua Souders, a freshman member of the Honors pro-

Many students have expressed a profound concern and some have begun petitioning and writing letters of desperation.

"I am extremelý concerned about the limited number of hours the house is open now,"

See HOUSE Pg. 2

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Tuesday, Feb. 8 Bernstein Award Competition information

The 2010-2011 Bernstein Award Competition will award \$5,000 to the SU student with the best plan for a new business. The Bernstein Competition provides an opportunity for every SU student, regardless of major, to develop a plan for his or her dream business. Both individuals and groups are encouraged to enter.

Students who want to learn more about the competition and the campus resources available to help them are invited to an information meeting on Tuesday, Feb. 8 at 3:30 in Caruthers Hall 118. Members of Knollege LLC, the winners from 2009-2010, will be there to share their experience and to answer questions.

Also, the Small Business Development Center is offering a business plan seminar on Feb. 15 at 3:30 p.m. in Caruthers Hall 118.

Wednesdays

attending an assembly with his students CSA Island Wednesdays at Woodholme Elementary School, he The Caribbean Student Associawas announced as the winner of the tion presents Island Wednesdays, and invites the campus to experience Caribbean culture in a fun-\$25,000 prize to "the Oscars for teachfilled atmosphere in Henson 211 each Wednesday at 7 p.m. There will be Caribbean refreshments and games, door prizes and more. To learn more and for the chance ston, superintendent of Baltimore to win a prize, visit orgs.salis-County Public Schools; and Dr. Nancy bury.edu/csasu.

Wednesday, Feb. 9

Speed Dating SOAP and the Union of African-American Students will host Speed Dating Wednesday, Feb. 9 at 7 p.m. in the Wicomico Room of the GUC. Students can preregister for Speed Dating through the SOAP website. The event will be held Wednesday, February 9, 2011 at 7pm in the Wicomico Room in GUC: http://orgs.salisbury.edu/soap/

Thursday, Feb. 10 Soul Sounds: Gospel, Blues, Motown, R&B, Funk, Jazz, Swing, Urban and Soul Soul Sounds is a hip trip through the evolution of black music and will be presented by Key Arts Productions, Inc. at 7 p.m. Thursday Feb. 10 in the Wicomico Room, immediately following Soul Food Dinner in the Com-

mons. Rousing live musical performance and video images provide an exciting musical journey from gospel, to the blues and swing. See jazz legends Bessie Smith, Billie Holiday, and Duke Ellington in rare archival film footage. Audience members can groove to the sounds of songs from Smokey Robinson and the Miracles and sing along to the sensational music of soul legends James Brown, Aretha Franklin, Marvin Gave, Whitney Houston, Chaka Khan and innovators of urban music. The event is free and open to the public. Sponsored by the Office of Multicultural Student Services.

Through Friday, Feb. 11 On-campus housing application open

For those students who attended a housing interest meeting, the 2011-2012 housing application will be available beginning Monday, Feb. 7 at 8 a.m. through Friday, Feb. 11 at 5 p.m. This is not first come, first serve. All students who contract during this time period are guaranteed a space in campus housing.

Through Friday, Feb. 18

SU's Provost's Office is accepting applications for the 2011 Phi Eta Sigma National Scholarship. To apply, students must be members of Phi Eta Sigma. The application is available from the Provost's Office, Holloway Hall Room 238, 8 a.m.-5 p.m. Monday-Friday. The Provost's Office must receive all completed applications on or before Friday, Feb. 18. Those applying for the scholarship will be nominated by the local chapter. The local chapter will submit the selected applicant's application to the national office no later than Tuesday, March 1. An incomplete application will be returned to the applicant. For more information, contact Priscilla Davis at 410-543-6330 or visit http://orgs.salisbury.edu/pes/Scholarships/Nat'l _ScholarshipInfo.htm.

SU becomes even more military friendly

SALISBURY, MD — Salisbury Univer- the services we provide to the men and sity President Janet Dudley-Eshbach signed the Maryland Campus Compact for Student Veterans on Jan. 31. She joined Lt. Governor Anthony G. Brown and other higher education leaders in pledging to improve on-campus services for students who have served in the U.S. Armed Forces.

"Veterans bring a unique maturity and life experience to the classroom—an experience that in most cases enhances classroom discussions and benefits every student's learning," said Brown, a colonel in the U.S. Army Reserves, a graduate of ROTC and the nation's highest-ranking elected official to serve a tour of duty in Iraq.

He added: "But as each war is different, so is every generation of veteran. We have an obligation to serve those who served and we must do more to ease student veterans' transitions from combat to campus. While the urgency to sign this agreement was sparked by an atypical and unfortunate incident on one of our campuses, I am proud that higher education leaders from across the state will work together to improve

SALISBURY, MD — Baltimore

County educator and Salisbury Univer-

ceived a surprise recently when, while

orestigious Milken Educator Award.

The 2004 SU graduate accepted the

award during a ceremony that included

presentations by students; Dr. Joe Hair-

Grasmick, Maryland superintendent of

An educator for six years, he is free to

use the cash prize in any manner he

tary award in April at the Milken Na-

India

Continued from Pg. 1

relate across cultures."

chooses. He receives the actual mone-

Two students, Joshua Byrd and

Jessica Johnson, said they would re-

turn to Pune if given the opportu-

"Pune was more than I could

have even imagined," said Byrd, who took the Buddhist philosophy

class. "SU developing a semester-

long program there would guaran-

Johnson said she experienced a

"It's a very eye-opening trip," said

tee my return. I just couldn't say

The Baltimore Sun likened the

sity alumnus McKinley Broome re-

women served on our behalf." For Brown, one of the catalysts for

creating the compact was the Community College of Baltimore County's controversial, but necessary, decision to remove a student who wrote a troubling essay about war experience, until a psychological evaluation could be performed. The compact calls on Maryland's higher education community to do more to ensure the educational success of veterans who choose to return to a state school through a greater awareness and understanding of the

challenges they face. SU and other participating institutions pledge to designate an office or staff person as a "go to" for all student veterans to help them navigate everything from G.I. Bill paperwork to behavioral health counseling. The compact also requires campus officials to provide training for faculty, staff and student leaders to promote greater awareness of veteran issues. It encourages campuses to create student veteran organizations to provide peer support for those who are transitioning back into schools and

Salisbury grad wins acclaimed teaching award

tional Education Conference in Los

Broome earned his B.S. in elementary

education from SU and was named Bal-

timore County's Rookie Teacher of the

Year in 2005. Today, he is the school's

fourth-grade chairman and helped lead

his students to the state's No. 1 mathe-

matics and reading scores when com-

'When you visit McKinley Broome's

classroom, you can see the children are

that exemplary behavior and exemplary

academic performance," Woodholme's

principal, Maralee Clark, told The Sun.

"You can see it and feel it. We call him a

kid magnet. He really does inspire them

"One of the things I try to tell the kids

is that excellence is possible, and I try to

be an example of that," said Broome.

Johnson, who studied environmen-

tal field studies. "We spent time in

villages and with people who live

so opposite of our own - living

on so little but giving so much. We

got treated like movie stars in most

places, which was overwhelming.

everyone provided (made it) clear

that they pride themselves in treat-

ing their guests well. I absolutely

loved my time there and am look-

ing forward to going back one day

Pereboom projected that within

able to experience the growing cul-

ture that is India while earning SU

two years, more students will be

But the welcoming feeling that

engaged in learning, and he demands

pared to similar schools.

to think outside the box."

Beat

1/27/11 8-11 p.m. Malicious Destruction of Property Subject maliciously damaged

1/30/11 1:30 a.m. - 1:45 a.m. sign. Criminal charges are pending.

> 1/28/11 - 1/30/11 2:30 p.m. - 11:15 a.m. Theft

theft of personal property from a classroom in Caruthers

1/28/11 - 1/31/11

Complainant reported the theft of state property from a computer lab in TETC.

1/31/11

Complainant reported the theft of personal property from The Commons building

2:00 p.m. – 3:30 p.m. Domestic Dispute University Police were notified of a verbal dispute between the complainant and an acquaintance. The police intervened and the matter was resolved.

the wall in Manokin Hall.

Malicious Destruction of Property Subject maliciously damaged the Choptank Hall exterior

Complainant reported the

5:30 p.m. - 4:50 p.m. Theft

6:30 p.m. - 7:30 p.m. Theft

House

isbury.edu.

sional development.

Continued from Pg. 1

Souders said. "Last semester it was the central building of my academic and social life, and now, due to the restriction on hours, it is virtually unusable to

SU already has a Veterans' Affairs liai-

son in its Registrar's Office and offers

services for veterans in the Counseling

Center. A cross-campus committee is

ment for student veterans and, last year,

currently developing a needs assess-

sources: www.salisbury.edu/veterans.

In addition, SU is home to an active

Student Military and Veterans Associa-

For two consecutive years, Salisbury

has been named a Military Friendly

School by G.I. Jobs magazine and has

been included in the Guide to Military

Friendly Schools. In summer 2009, the

campus announced its participation in

9/11 G.I. Bill for veterans. In fall 2008,

SU brought its Army Reserve Officers'

Training Corps (ROTC) program back

For more information call 410-543-

"This is a huge honor for McKinley and

for Baltimore County Public Schools,"

said Dr. Dennis Pataniczek, dean of

SU's Samuel W. and Marilyn C. Seidel

School of Education and Professional

Studies. "We are so very proud that an

SU alum, the third in the last decade,

has won the Milken Educator Award."

The Milken Educator Award is pre-

sented each fall to exceptional teachers

nominated by education departments in

48 states and Washington, D.C. Criteria

distinguished achievement in developing

considered include exceptional talent;

innovative educational curricula, pro-

to develop students' character and self

grams, and methods; outstanding ability

confidence; and commitment to profes-

For more information call 410-543-

6030 or visit the SU website at www.sal-

6030 or visit the SU Web site at

to campus, at the request of students.

the Yellow Ribbon Program, an op-

tional component of the new Post-

launched a new Web site with re-

letters, solutions to the liability issue have been presented.

"Currently we're hoping the executive committee agrees for honors students to receive a waiver relieving Salisbury University of all responsibility," Thorpe

said. "Students who sign the waiver will have keycard access to the Honors House and will be permitted to bring one non-Honors Salisbury University student." Souders and Thorpe said they also fear a larger issue.

"Limiting access to the Honors House will reduce the interest of In addition to the petitions and current Honors students in staying at the University and will lower our recruitment chances, driving down the academic strength of our school as a whole." Souders said.

Kim

Continued from Pg. 1

variety of feelings.

public to see his work. "I usually participate in 17 shows a year," he said. "Some of my paintings were in the Korean Art Show in September, but being asked to showcase my work at Dr. Park is truly an honor. Its a very prestigious gallery."

Though Kim thoroughly enjoys "Kim is a very effective

art, he also cherishes his students. teacher," said fellow art professor Paul Flexner. "Many of the students that come to Salisbury for art come specifically to study with

Kim may inspire his students, but he is also inspired by them. "When I paint, I work with what I have, which is my students," Kim explained. "Their personal stories are very inspiring, and it is great seeing them learn and grow through their paintings."

Dan Stachurski, a Salisbury alumnus and one of Kim's previous students, finds Kim to be ex-

"He demands an incredible amount of work from himself on his own art, and seeks perfection

in the things that he does," Stachurski said. "Professor Kim constantly searches for different ways to express himself in the language of art that he has chosen." Stachurski says Kim's approach Third Eye Blind. with students is to expect the

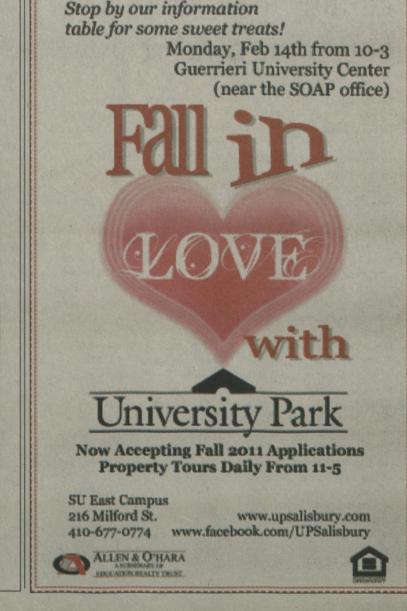
"The results merit the approach; he is a successful artist who also teaches others how to be successful artists," he said.

Concert Continued from Pg. 1

goes along with the SU mood, which s beach-y and laid back." Likewise, Laughrige said that despite having fun at last year's concert, ason Derulo could not compare to

Although details are not available now, SOAP will keep the campus informed, said Jennifer Blackwell, Director of Student Activities. "Stay tuned to their website," she

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Delmarva native's photography shared with community at Nabb Research Center SALISBURY, MD - Salisbury not previously shown. The "We are fortunate to have University's Edward H. Nabb original exhibition won recogthe Wootten collection to serve Research Center for Delmarva nition from the American Asas a record of the changing History and Culture revives the sociation for State and Local ways of life on Delmarva," national award-winning exhibit said Dr. Ray Thompson, Nabb "The Eastern Shore Through Research Center director. "He Wootten was born in Laurel, the Eye of the Photographer" Del., in 1909. During his career captured many iconic images February 14-June 30. he was a freelance writer for Voted Best of the Eastern Shore! Featuring images of the the Associated Press and a photographer for the National Shore shot by one of its most famous photographers, Or-Parks Service and The Daily Delivery lando Wootten, it was last seen Times. According to colin 1994. His works are on disleagues, he was a remarkable (Min Apply)

Center Gallery in SU's East writer and gifted as a photog-Campus Complex, 190 Wayne rapher. His extensive collection Street. was donated to the Nabb Re-This version features images search Center's holdings.

photojournalist, talented as a

of the Shore throughout his Gallery hours are 1-4 p.m. Mondays, Wednesdays and Fridays or by appointment. Admission is free and the public is invited. For more information call 410-543-6312 or visit the Nabb Research Center Web site at http://nabbhis-

tory.salisbury.edu.

Did this catch your attention?

play at the Nabb Research





Photos and article by Shane Yeager



'I would like to see a bigger stadium so it attracts more specta-

-Jason Brown, freshman



division II would liven up the

-Alani De Leon, sophomore



not be reconized as D II; let's

-Tundrea Canaway, freshman

per. The challenge is obviously

difficult. Much time is wasted

when opposing viewpoints

come together. So one could

only imagine the lack of pro-

ductivity when something actu-



"Division II athletics would get the town more involved, something Salisbury needs."

- Jasmine Hart, freshman



be increased. More fame equals better facilities."

Ariel Spence, freshman

The Flyer

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Editorial Policy: Letters are welcomed and ENCOURAGED. Please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wed. at 5 p.m. Please e-mail letters to flyer@gulls.salisbury.edu.

Have you seen yourself in The Flyer? Stop by GUC 215 Monday - Thursday 8:30 a.m. to 3:30 p.m. with your flashdrive and we'll give you your pictures free of charge!

Political parties need A writer's perspective to work together to keep nation unified



By Pete Hicks in order for the nation to pros-Staff Writer Ph23698@ gulls.salisbury.

One critical learning point

American is that political parties on their differences for a given are not actually "parties." There is no music or dancing and especially no wacky beverages. This sad truth leads to limited knowledge overall—except when voting time comes around. However, the two major

direct opposing viewpoints, and many ideas relating to political issues cross the party-dividing The United States' two major

parties — Republicans and Democrats — each have many members as well as large sup port across the nation. Whenever there is an election, the two parties work against each other to gain as many seats in Congress as possible, or to gain the presidency. However, once the party leaders are placed in the government, a critical problem

The two groups who fought one another must work together



Staff Writer Ab24064@ ulls.salisbury

I can still remember my first experience as a

ally has to get done. Once the parties finally settle issue, the political system has millions of people demanding that the elected official follow up on his or her promises. This dichotomy has led to the cur-

rent political situation. The Democrats controlled the political parties don't really have Congress and the White House. They had to work with Republicans, but they still pushed through some of their promises. Since the Democrats were not pleased, some compromises and concessions had to be made. Now the Republicans control the Congress and have to work with a Democratic president.

If the two parties spent more time doing what the American people need instead of constantly settling on each other's differences, this country would be a better place. We are all U.S. citizens and should be working for the greater good of the people—not for one party and its

Biederman

news writer in the fifth grade. I had such a good experience that upon reaching high school I decided to write for the school newspaper. I think I learned to become a fairly decent reporter, and by senior year I had managed to obtain an editor position on the staff. Then, in fall 2010, I came to Salisbury University.

I knew that I wanted to write for The Flyer newspaper from the moment I picked up an issue durperience. It was nothing like my high school paper. The Flyer was much longer and it was printed on a weekly basis. Most importantly, it was sleek and professional and could be proud of.

last September, mostly for the news section. It was exciting to see my name in print every Tuesday, and it was even more rewarding when my professors.

commented on my articles. Writing for the newspaper has allowed me to get involved in a student organization, and to get my name out in the campus community. Writing for the Flyer has also

helped me to learn more about SU's community as a whole. As a reporter, I have attended school events that I would not have normally gone to on my own. I have had the opportunity to meet former Governor Bob Ehrlich, attend SU President Janet

Dudley-Eshbach's "Decade of Distinction" ceremony and even learn inside information on Sea Gull Square—the brand-new oncampus residence building. I have met and talked with numerous professors, many of whom were from departments that were outside my own field of study.

This semester, I decided to take a break from news for a while, so I joined the editorial section of the paper. So far, this style of writing has given me a completely different experience as a writer. I ing my Admitted Students Day ex- do miss the experience of going out as a reporter and interviewing members of the campus; however, I really enjoy editorial writing, because it has allowed me to put my own personal voice into my work.

> valuable. Journalism may not directly apply to my future career in medical research; however, it has helped me to develop my writing and communication skills overall. I've been able to step back and acknowledge the perspective of other individuals. I can't wait to see what my experience at The Flyer will bring throughout the rest of my college career.

seemed to publish high-quality ar-No matter what section that I ticles on a wide variety of topics. I write for, I know that my experiwanted to write for a paper that I ence with The Flyer has been in-I started writing for The Flyer

Readjusting to the campus hustle isn't as easy as it seems



By Ajia Allen Staff Writer Aa75530@

gulls.salisbury.edu Becoming reacquainted with the stresses of college life may seem

harder than initially perceived. As if the fluctuating weather on the Eastern Shore wasn't enough, readjusting work their time management. Those

back into the routine of being at school is proving to be a test of wills for all Salisbury University students.

Maryland is notorious for its universities offering long winter breaks. But truth be known, a six-week vacation can disorient an active student. It hasn't exactly been easy getting back into the swing of things. With syllabi providing schedules for months far in advance, some students need to re-

that completed winter courses may even have trouble keeping up with the pace of school.

For many students, spring semester class schedules are more difficult than they expected. The irritation from students lies in the fact that more and more hours seem to be consumed by increasing amounts of work. Though daunting, it's not an impossible feat.

The full workload that comes with

the spring semester is a wake-up call to upperclassmen and a small shock to unsuspecting freshmen.

Perhaps these wake-up calls and shocks are abrupt, but they also may be considered necessary for everyone seeking a successful future in the real world. After all, independence steadily approaches - closer for some than others – but coming soon nonetheless.

SU offers some helpful opportuni-

ties on campus to facilitate success and ultimately prepare us for the real world. The Center for Student Achievement offers tutoring for a variety of subjects in the Guerrieri University Center. The University Writing Center is also located in GUC and writing consultants who work there can help curb the frustration of spring semester difficulties by offering assistance. Both opportunities are also free of charge.

EGYPT: Young

people make a

during revolt

By Jalissa Wor-

Staff Writer

jw15362@

gulls.salis-

ourv.edu

"...Govern

difference

Music trends in our generation



By Kristina Letcher Staff Writer K162044@gulls. salisbury.edu

It is safe to asume that this genration's favorite genre of music to

listen to is rap, hip-hop or pop. Artists like Britney Spears, Katy Perry, Jay-Z, and Lil Wayne, among many others come to mind. So, it would probably be safe to assume that KISS 105.5 is the most-listened

to radio station in Salisbury. Popularity seems to be a strong influence. Then again, even with these dominating genres, there is still a wide variety of music that is recognized by many students. Preference and even personality traits play a major role in why we listen to the music that we do

Some people listen to music to suit their mood. Others listen to change their current mood, for entertainment purposes or to take in messages. The latter is most likely because an artist's lyrics are often profound and worded more poetically than their listeners'.

As John Lennon once said, "Music is everybody's possession. It's only the publishers who think people own it." Some may take this heart more than others, but either way music is a part of everyone's lives, no matter what

However, college students don't only like music that is considered to be "popular." Christian Zumstein, a senior in Squawkappella, shared his view. Zum-

stein said rock and roll and alternative are his favorite genres. He said his favorite artists include Offspring, Paramore, Foo Fighters and Third Eye Blind.

"Probably 105.5 (is my favorite radio station) just because it is on everywhere I go, like other people's cars and the gym," Zumstein said. Another upperclassman – junior Stephanie Yourik – answered these questions similarly. Her favorite genre is rock, and her favorite artists consis of A Day to Remember, Isles and Glaciers and Dance Gavin Dance. Though rock was mentioned as her

favorite genre, Yourik also listens to

doesn't really know any other stations

105.5 regularly. Yourik said she

Overall, the greater appeal for our generation's popular music may be due to controversial, catchy or upbeat themes. As for myself, I listen to the types of music that speak to me personally, where every lyric has specific meaning. Thus, in the words of Victor Hugo, "Music expresses that which cannot

be said and on which it is impossible to be silent." This French artist and author spoke on behalf of us all.

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guarantee it!

The 411 on the chaos in Egypt

By Amina Aden Aa34943@gulls.salisbury.edu Deceit. Lies. Anger. These are the

ingredients for the current chaotic situation in Egypt that have been simmering for years. The demographic and social pressures have built up, leading to Jan. 25. It marked the beginning of Egyptian protests against poverty, unemployment, government corruption and the rule of President Hosni Mubarak, who has been in power for three decades.

So what exactly is all the hoopla? To start with the basics: Egypt is a country of 80 million people with the largest population in the Middle East and third-largest in Africa. It has been ruled by Mubarak since 1981.

Inflation, corruption and unemployment top the economic problems in Egypt. Although it sounds like the

EGYPT: The winds of change

By Mike Gibb

Staff Writer

Mg81465@

ulls.salisbury

of an iron-fisted

regime, the rule

of Egyptian

President Hosni Mubarak has

seemingly reached its limit. Protes-

tors stemming from Secular-leftists

to Communists and Islamists have

allied together and formed an op-

position coalition headed by Mo-

ElBaradei, ex-Director General

ergy Agency, became well-received

of the International Atomic En-

among many Egyptians after his

2003 assault on the war on Iraq.

ing the war on Iraq and was op

During his term, he challenged the

legitimacy of the evidence regard-

posed for a third term by the U.S.

In spite of the U.S. opposition –

which involved unwarranted wire-

radei's communications - the U.S.

could not muster enough support

to oust him and continue the war

unchallenged. China, Russia and

Germany, however, had nothing

but praise for the ex-Director Gen-

taps and interceptions on ElBa-

hamed ElBaradei.

majority of the Middle East, headlines yond cannot be underestimated. around the world are gravitating to to other large nations.

Its geopolitical significance cannot be ignored. It is home to the Suez Canal, the lifeline of the oil supply that flows from the Arabian Gulf, Mediterranean Sea, Europe and ultimately the United States. Egypt also holds one of two peace treaties between Palestine and Israel and borders Sudan and the Gaza, all of which contain the most pressing issues in the Middle East.

In the Arab world, Egypt has played a crucial role in mediating peace. Ideologically and religiously, many Muslims and non-Muslims alike come to learn the religion of Islam. In a world where Islamic radicalism and fascism seems to take over, the importance of such cannot be over looked and the weight of Egypt in the region and be-

In spite of ElBaradei's 2005

versal-praise in regards to the

Nobel Peace Prize, his almost uni-

I.A.E.A., and his backing by most

large-scale opposition groups in

Egypt, the U.S. remains skeptical

on the potential future-president.

The man refused to legitimize an

illegitimate war. After review of the

Iranian nuclear program, he also re-

ferred to the fears of the U.S. as

mere hype. These actions have led

him to be viewed as a champion of

reason to some, and an enemy of

Reuters publications, fear-monger-

ing in regards to the involvement

of the Muslim Brotherhood has

also been rampant. With the Broth-

erhood, it's important to note that

groups such as the Taliban and al-

Qaeda have denounced them as

There have been leaders of al-

from the Brotherhood, but the pri-

seems to have been their desire for

reform through non-violence. It is

in 20th century Egyptian history to

In reality, Khalid Islambouli – the

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Salisbury

THURSDAY, FEBRUARY 10

TOTAL PROPERTY OF THE PERSON O

AFRICAN-

AMERICAN

HISTORY

DINNER

Macaroni & Cheese • Potato Salad • Black Eyed Peas • Pigs Feet •

Cornbread AT THE ROASTERY: Southern Fried Chicken . Chitterlings

Mashed Potatoes with Gravy
 Collards with Ham Hocks

FOR DESSERT: Sweet Potato Biscuits • Sweet Potato Pie • Peach Cobbler

Banana Pudding with Vanilla Wafers

4:30-7:30 p.m. (In The Bistro & Talbot Room

4:30-8 p.m.

man responsible for the primary

often tradition of those ill-versed

attribute the assassination of

Anwar Sadat to the group.

Qaeda that have come directly

mary reason for their departure

being far too moderate.

Throughout most AP and

conservatism to others.

Inspired by the recent Tunisian this story because of the country's ties protests, Egyptians took to the streets to fight for freedom from the govern ment starting Jan. 25 and violently continued for the next two days. On Jan. 25, the government shut down the Internet and cell phone services to stop protesters from organizing rallies. Feb. 1 marked the eighth day of protesting, where over 1 million people took to the streets to protest. Dancing to a new tune all one heard was the sound of hope and freedom, although they may not be technically

> free just vet. As the story unfolds, one can only understand the cries of the people for the end of the regime and the beginning of a new Egypt. There's nothing like the power of the people. Whatever the outcome, their voices have made history and Egyptians are finally

- was a member of the Egyptian

Egyptian Islamic Jihad movement

was an off-shoot group based pri-

marily on the dissatisfaction with

the unwillingness of the Brother-

hood to carry out direct and imme

Sadat himself was also a former

member of the organization. To-

date, the group has renounced vio-

participating parties forming an op-

position. Before any hasty conclu-

sions are made, the following must

lent means and is one of the

Islamic Jihad movement. The

that symbolize an ideal United States government. This short excerpt from his speech seems to reflect ideas from our country's Founding Fathers. In that same respect, we have planning of the execution of Sadat

a sense of expectancy for our needs to be met. Unfortunately, those words are not pillars on which the Egyptians can build a union, but they do symbolize dreams of popular sovereignty and standing unmet aspirations.

ment of the people, by the peo

famous words from Abraham

Lincoln's Gettysburg Address

ple, for the people..." are

After decades of unresolved grievances, a new approach to getting the job done is being taken. And that's an all-out revolt. What is most unique about this call for revolution is that it's being led and actively fought by a mass percentage of young Egyptians.

It's no secret young people

tend to take a back seat in poli-

tics, and wait their turn to bear

the weight of exercising and de-

of the Egyptian protesters,

manding their rights. In the case

these young people are not wait-

ing for the baton to be passed;

they have snatched it away from

their opposition, commandeer-

ing that which they feel author-

The position taken by young

protestors is not in favor of vio-

lence—but for justice, free will

and human rights. None of

ity over—their own destiny.

be considered First, the Brotherhood turns to Turkey as a practical working secularist/Islamist model, as opposed to Saudi Arabia or Iran. Secondly there is a large populace of Nasserists and Secular-leftists among the coalition, to the point where the Muslim Brotherhood

At the present, the fear-mongering relative to ElBaradei and the Brotherhood is mostly hype. However, the Brotherhood has not had a historic relationship with Zionism. Stay tuned for a discussion on the relations between Egypt, the Brotherhood, and Israel in more

does not overshadow the revolu-

tion by any means.

which are too much to ask, and the lack of security in any of these liberties calls for change

they want.

These circumstances are not exclusive to the Egyptian people; they are issues that all of humanity face daily, including neighbors and governing officials. With unyielding determination and unity, Egyptians have made advancements towards gaining the claims to life that

Although the fundamentals of civil liberties remain strong in the United States, there are still unfavorable circumstances that plague our society as well as a government that needs a stronger voice on not-so-popular issues. Often, the issues that only affect a small percentage of the population take the back seat. Small organizations bare the brunt of making changes

within their own communities.

The success of the Egyptian revolution and political evolution does not rest in the hands of the government; it lies in the perseverance of the people. Similar tenacity toward issues within our country and world would transform dormant despair into brighter optimism. Contemporary world issues like police brutality, teen pregnancy, global warming and organized crime do not stand a chance against a united force in pursuit of peace.

As young people, we have the responsibility to our history, our future children, our peers fighting for the liberties that we already have - and to ourselves, to work with our government mutually towards creating the civilization our forefathers dreamed of.

Ms. Advice THIS WEEK'S PUZZLE: Ms. Advice answers all your questions, even private ones, in

complete confidentiality. Send your questions to: gullgirlnextdoor@gmail.com Gossip: A source of hurt and betrayal

Welcome back, fellow Sea Gulls! I hope your break was relaxing and

filled with blessings. Were anyone else's first two weeks crazier than you originally thought they would be? Very recently, I have dealt with gossip and betrayal, which were two experiences I thought I would have left behind in high school. I realized it's hard to be the mature

one. Sometimes I want to go off on

the people that bring drama into my life, but then I realize I'd be contributing to the problem rather than being part of the solution. We are constantly being challenged to practice what we preach, and the only way we can do that is by choosing to behave in the way we feel is best. Doing the right thing isn't always

Do not put off making positive choices because the experience will only become harder next time around. Doing what is right doesn't always feel - The Girl Next Door

easy. In fact, more often than not, it is

guaranteed that the right choice will

be difficult.

good either; this is usually because the payoff isn't immediate. Soon after we acknowledge the right side, we question whether it was wise, or wonder what bad will come out of our attempt to do good.

We need to realize that choosing what is right over what immediately feels good will make our lives a lot less dramatic. Once others see how we do not hesitate in making positive choices, they will be a lot less likely to bring drama into our lives. Drama and gossip therefore become minimized.

I'd like to remind everyone of a simple fact. Gossip hurts and almost always leads to someone feeling betrayed. Those who say more than they should often place others in an awkward position. Those who listen need to end the childish game of telephone by not repeating it. You will save yourself and others so much time when you begin to avoid the "he said, she

Need help with a question or problem? Have something to ask Ms. Advice? Send your questions to gullgirlnextdoor@gmail.com.

Text The Flyer! 646-535-NEWS (6397)

~SUDOKU~

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SOLUTION TO LAST WEEK'S PUZZLE

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By Bianca Makle Staff Writer Bm70229@gulls.salisbury.edu

Multicultural Student Services and the Edward H. Nabb Research Center are working together in celebration of African-American History Month by hosting multiple events throughout the month of February. The events began with the theatri-

cal presentation of "Voices: Those Who Wore the Shoe" on Feb. 1. At the event, Harlin Kearsley and Kimberlyn Crawford acted out the true accounts of multiple slaves for students and local residents to watch.

It was written and directed by Kearsley, who said the off-Broadway play originally began with seven characters and was cut down to two.

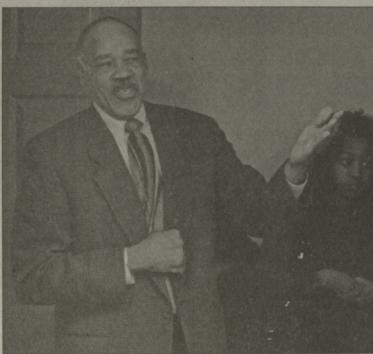
"My whole goal was to put a human face on the institution of slavery." Kearsley said. He said the concept of the play began after reading a book with 1,000 narratives from slaves and doing additional research at the Li-

brary of Congress. The topics covered in the play ranged from becoming a slave to being freed and the negative side of

"I was quite surprised by the event, because in school you do not learn that much about the topic," said Kelly McIntyre, who attended the play.

The second event to take place was a panel discussion called "The Families of San Domingo Wicomico County," which featured local historians Eugene (Rudy) Stanley and Newell Quinton. Presented by the Nabb Research Center, residents from the San Domingo community

and students attended. Dr. Ray Thompson, director of the Nabb Center, wrote in an e-mail he was pleased with the event as well as



Justin Odendhal photo

cousins, both related to one of the

The town is also known for having

one of the seven Rosenwald schools,

which were built for the education of

African-Americans in Wicomico

County. The Rosenwald Fund pro-

vided matching grants and money to

help build schools in these communi-

Other events this month include a

dinner, music performance, and lec-

ture. There will also be a panel dis-

cussion in March and a genealogy

workshop in April, both hosted by

the Edward H. Nabb Research Cen-

"The Multicultural Student Services

have made sure that African-Ameri-

can History Month has been a part

of the events on campus for over 25

years," said Dr. Vaughn White, Direc-

tor of Multicultural Student Services.

continue to make the campus an in-

clusive campus not only for students

but for folks that live in the commu-

nities," he said.

"What we're really trying to do is to

founders of the community.

Newell Quinton discusses the past of Wicomico County's San Domingo community Feb. 3 during a talk at the Nabb Center.

its turnout — noting that the audience seemed "spellbound." The two gentlemen spoke about the community, which was founded by free African-Americans in the early

"Free black communities were fewand-far between in the early nineteenth century," Thompson wrote. "Pride in community was clearly seen ties. in comments of the presenters and also in the comments from the audi-

They told stories of when they were children and what it was like to live in the community. Quinton discussed the importance of property and education within the community and how close everyone was that

"Own property and pursue education," Quinton said, referencing two things his father told him to do as a young child.

The second speaker, Stanley, traced the genealogy of each family that originally lived in the community and mentioned he and Quinton were

Seeking students to be voluntarily suspended

Exercise science study compares activity on the ground versus activity in the air

By Christopher MacDonald Staff Writer Cm62045@gulls.salisbury.edu

The Laboratory for Human Performance is currently involved in a study that may greatly affect the sports and science communities, and the researcher is in need of volunteer participants. The study is being conducted under the direction of Troy Grube, a senior studying exercise sci-

"The study is concerned with explosive contractions and calorie-burning potential within athletes," Grube said. The idea is that when athletes perform on the ground or are "loaded on the ground," they burn calories and learn important movements required by their sport while straining their body. However, this study may prove that the same effect can be achieved in suspension without caus-

ing as much damage. "If a basketball player sustained a knee injury, instead of reinjuring the knee while training, they can be suspended and perhaps achieve the same amount of training and actually improve without the negative effects of being loaded on the ground," Grube

The study is being implemented with a special mechanism used in the theater department equipped with harnesses and motors.

"We took a fly track we use in the theater department and retrofitted a harness to it to meet the needs of the study," said Thomas Anderson of the theater department, who helped design the mechanism.

The study is to be performed by a number of individuals, all of whom

are untrained females. The participants will be broken into three

The first will perform an exercise with the agility ladder - a laddershaped piece of equipment that is placed on the ground for athletes to practice quick footwork — without the assistance of the mechanism. They will be "loaded on the ground."

The second group will perform at half the resistance as the first group, and the third group will perform completely weightless in the harness attached to the mechanism.

The total time commitment for participants will be only 10 minutes for three days out of the week. This will proceed for four weeks and the participants' results will be recorded over time.

Grube said there will be "athletic indicators" — including a vertical jump and 40-yard dash — before and after the study to see participants' progress. He said he hopes to find the group that tested unloaded will

show an improvement in their results. He mentioned it is unlikely that they will see a greater improvement than the group that will test loaded on the ground, however he feels that the study could produce valuable data for future exercise science and sports

rehabilitation research. "This study has huge implications, of course if we prove anything more research will have to be done but it could make way for more studies," Grube said.

To be involved as a participant, email Troy Grube at tg62510@gulls.salisbury.edu or call (631) 807-3142.

Meet a Student: Allison Briddell

By Sarah Krauss Staff Writer Sk32822@gulls.salisbury.edu

Meet Allison Briddell, a junior at Salisbury University. Originally from St. Michaels, Briddell is currently a commuter student studying elementary education with an English minor. When she's not working hard as a student, Briddell likes to bowl, dirt bike, roller skate and make friends. Recently the Flyer had a chance to talk with Briddell, here is what she had to say:

The Flyer: Why did you decide to go to Salisbury University? teaching program and it's not too big. does. Or Demi Moore from G.I. And it's pretty.

TF: Who is your favorite professor at SU? AB: Dr. (Claudia) Burgess who teaches math. We got to play with dolls and eat food to learn.

TF: What is your favorite food to make?

AB: Holiday-oriented cupcakes with the whole shebang. I use sprinkles, gel letters and holiday decorations. TF: What is the last concert you

AB: Spice Girls in 2007 for their reunion tour. I wish I could see Lady Gaga perform.

TF: What do you do when you are bored? AB: Sleep, eat Cheetos, or hang out

By Alexis Johnson

Aj72006@gulls.salisbury.edu

"It's a lot of work, but it's doable,"

said 24-year-old Katie Jacobson, an

fiancé, Jeremy Bohall, started up Del-

entertainment at the end of 2010. Ja-

cobson said it took one month from

conception to completion to publish

their first issue of the monthly maga-

zine. The Hard Times' first issue was

distributed Dec 1, 2010. Their web-

also launched on the same day.

At the beginning of November

For her, that was not an option.

2010, Jacobson realized if she didn't

take matters into her own hands she

would end up bartending or cooking.

Bohall, a graphic designer, and Ja-

cobson, felt an entertainment maga-

Bohall suggested the name "The

flects the current economy, but also

the harder, younger feel the magazine

"We really wanted to target that

A lot of their fan mail has reflected

that sentiment. Jacobson said one fan

compared them to big-city magazines

Village Voice and The Guardian.

prime demographic, which we felt

most people weren't doing," Bohall

Hard Times." The couple said it re-

zine was missing on the Eastern

site, www.thehardtimesmagazine.com,

marva's new source for everything

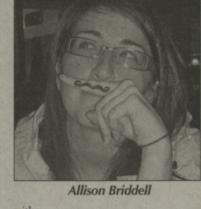
Staff Writer

Hard times drive SU alum

and fiancé to start magazine

SU alum and co-creator of The Hard hope the magazine acts as an aid for

Times magazine. Jacobson and her tourists in the summer.



my mom. When I get really bored I do homework or organize my

binders. TF: If you could be a star in any movie or show, who would you

Allison Briddell: Salisbury is close to AB: Alice from Alice in Wonderland. my house. I came for the professional Wanna go to wonderland? Everyone

> TF: If you could have any profession, what would it be? AB: A trophy wife. I wouldn't work and I would volunteer my time. I would not own one of those prissy little dogs though.

> TF: Who is your role model? AB: I don't have one. I want to grow to be my own person as a combination of the best attributes I've taken from a lot of people I've met. .

TF: What is a unique talent of yours? AB: I can write with both hands.

TF: What is your signature say-AB: "Don't judge."

'We're trying to help out local artists

and bands by getting them some cov-

They also desire to help Eastern

the center of the magazine. They

Shore residents by placing coupons in

"When people leave in the summer

and they've discovered our magazine,

they're hopefully still going to be fol-

The website features content from

the print version and additional items.

Web users can view videos from the

bands featured in the magazine, and

the couple hopes to get one of their

video camera.

regular writers out on the street with a

Jacobson says that The Hard Times

has more content and less advertising

than most magazines. The duo wants

to maintain the content of the maga-

"We're not going to not promote

something because they don't adver-

The couple hopes to expand their

For now, The Hard Times can be

Ocean City. Exact locations are listed

on their website. The magazine can

be found on the SU campus and in

Jacobson has this message for the

students at SU: "With a dream and

some hard work, who's to tell you

the University Park clubhouse.

found in and around Salisbury and

distribution to Delaware as well as

Baltimore and Virginia Beach.

zine and not sacrifice it.

tise with us," Jacobson said.

lowing us on the website," Bohall

erage," Jacobson said.

unleash your fitness potential

Students find spirituality behind

improving living environments on campus

it takes to collect trash Sunday

though I don't know you,"'

Roundtree said

always makes time for the half-hour

"The product speaks for itself. It's

a way of showing I love you even

The residents' reactions range

from surprised to thankful and ap-

outside," said Nyles Sanna, a fresh-

Johnson and Roundtree do not

collect trash from Wicomico simply

because the residents are freshmen,

Johnson said. Some of the residents

in Wicomico transferred from Nan-

"I am really impressed with these

ladies' dedication," said Patrick Mur-

They're very consistent and very

helpful to Nanticoke last semester,

faith-based reasons, they are not

Although the ladies volunteer for

and now Wicomico."

aiming to preach.

nane, a transfer from Nanticoke.

ticoke this semester and already

know how the process works.

man who lives in Wicomico.

'It's nice. It saves me from going

"We're not here to invite people to

church." Johnson said. "We're not

doing it in the name of any on-cam-

pus organization. We're doing this to

bring God glory and to serve others.

We're not here to push our faith on

faith. We're not here to sell anything

Johnson believes that by sacrific-

plant seeds in other peoples' minds,

Although they may not be able to

Roundtree believes that is not what

Johnson and Roundtree hope to

garner more volunteers and collect

trash in every dorm on campus in

the future. Although the ladies are

not officially affiliated with any cam-

pus organization, Johnson said she

is going to make an announcement

to Cru next week to add more

members to their trash-collecting

ing time to help others she is prac-

ticing her faith and is hoping to

see the fruits of their labor,

volunteering is all about.

anybody; we're here to show our

to anybody."

A few unspoken fitness rules to be aware of

By Eric Buratty Editorial Editor Eb55419@gulls.salisbury.edu

By Katie Franklin

Kf67781@gulls.salisbury.edu

Every Sunday night, the freshmen

that live in Wicomico Hall are pleas-

antly surprised. Lexi Johnson and

Sherita Roundtree knock on every

door in the dorm to ask if anyone

has any trash they need taken out.

Roundtree end the night by carrying

mountains of trash to the adjoining

dumpster. The ladies started collect-

ing trash last year in Nanticoke Hall

but have moved to Wicomico be-

cause of the ongoing renovations.

Collecting trash started as an idea;

Johnson and Roundtree teamed up

"We're a really good team," John-

For Johnson and Roundtree, col-

"It's a tangible way to show God's

love," Johnson said. Roundtree jug-

gles a very hectic schedule as a resi-

dent assistant in Wicomico, but

lecting trash represents something

more important to them, as well.

to make it a reality.

Most of the time, Johnson and

Staff Writer

In the U.S., we depend on computer technology for various tasks. In particular, the majority of Americans have a call of duty to be in front of a computer screen for their careers. As a U.S. citizen and young college student, I find my use of computers mostly for Google Scholar, viewing my favorite informational sites (like online publication sources and blogs), using the Salisbury University network's educational resources and of course, updating my website.

Due to my various computer uses, I sometimes have a tendency to open too many browsers at once, or have my computer perform too many tasks. The result is something we all hate—computer slowness. I've realized that it's important to stop this tendency if I want the computers I use to away your workouts once and for all. perform efficiently.

As with developing better habits with using computers, I believe that knowing what to do is just as important as learning what not to do in order to reach fitness goals. So, I'd like to share a few unspoken fitness rules, and explain what can be done to become more efficient at staying in good shape.

Stop seeking advice from people who don't practice what they preach.

Certifications and degrees don't do much good f the associated health professional doesn't pracice what they preach. It becomes obvious they may not be the best source for information when their physical appearance is inconsistent with the

advice they give others, too. In this capacity, I believe one of the ultimate qualifications for someone to give fitness or health advice is their physical body composition.

Before looking to certifications and degrees, I encourage you to first determine what kind of body you'd like to achieve. Then think about anyone you know - could be a friend, an enemy or a celebrity - who resembles your goal appearance. Find out what nutritional habits and training methodologies these people apply on a daily basis, stay up-to-date with my column posts. and finally, tweak the variables to suit your own physiological profile.

Stop throwing away your workouts.

Seriously, if you're going to just go out and trash your body on the weekends, you might as well not go to the gym at all. Similarly, if you follow poor workout nutrition habits, you're only throwing away all your hard work. What you put in your body is what you'll produce, anyway. Working out in a catabolic state – that is, an environment that suits loss of muscle tissue - is the ultimate negative outcome from any poor energy consumption

In order to minimize poor performance, simply set limits for your body if you decide to go over to the dark side. Or just don't give into temptation at all. The latter may be harder for the majority; however, this will enable you to train in an anabolic state more often - that is, an environment that facilitates lean muscle accrual - and to stop throwing

Stop following routines or programs that your body responds poorly to.

Sometimes a routine from a printed or online media source will look pretty cool. That same workout may also work for others very well. But, if the methodology behind those set and rep schemes doesn't fit your physiological profile, you definitely won't benefit from applying them.

So, the best way to address this issue is to start logging everything-from nutrition to your daily workouts performed. Logs are often overlooked keys to reaching goals more efficiently, and they will help you determine what your body does respond best to.

Do you know of any other good fitness rules? If so, I'd really like to hear about them. Just stop by my website and

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to e-mail me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your email, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com to

From the Photo Bank: What's Happening On Campus



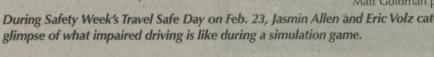
Students gathered in Fireside Lounge Sunday evening to watch Super Bowl XLV. They waited with bated breath as the teams battled for the honor of Super Bowl champion. The Green Bay Packers took the honor.



Matt Goldman photo

A Sea Gull prepares to shoot the ball as a member of the University of Mary Washington's team tries to stop her. UMW prevailed in the game, scoring 55 over Salisbury's 49.







During Safety Week's Travel Safe Day on Feb. 23, Jasmin Allen and Eric Volz catch a Junior guard Mike Atkins goes up for a shot against his University of Mary Washington challenger. The Gulls flew past the Eagles in the Feb. 5 home game, ending with a 72-68 score.



The couple desired to feature more what you can and can't do?"

Jeremy Bohall and Katie Jacobson started The Hard Times Magazine late last year. Issues can be found on campus and come out monthly.

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what you need" - Mick Jagger Life, for every individual, consists of many dimensions. We

> all have needs, wants, dislikes and many other concepts that comprise the uniqueness of what each of us represents overall as a person. The ability to balance these things at a fairly equal level to one another is what makes someone wellrounded and comfortable with him or herself. The world is, without a doubt, a place filled with temptation. Due to this reality we often become creatures of greed, possessing high standards, causing our balance to be

By Jonas M. Gottlieb

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"You can't always get what

you want, but if you try some-

time, you might find, you get

Staff Writer

thrown off kilter. Of course, as mentioned in last week's piece, aspirations are what motivate most everyone. Aspirations can come in many

different forms, different depending upon the person possessing them.

QUOTATION INSPIRATION

Some may say, "I aspire to be a billionaire" while another may say, "I aspire to create world peace." These two examples are at total opposite ends of the spectrum: one is based on possession while the other is based on an intangible idea.

Both of these statements, though, are significant and seem to have a great deal of power say the least.

Longings like these can be mentally draining due to the burden of thought caused by the mentality of "all or nothing." When setting your mind on shortcomings. things that are this grandiose, you are almost guaranteed to be discouraged and let down. There is a more fitting ap-

proach that will build your motivated confidence rather than deplete it. This is the ideology behind this week's quote, which is derived from one of music's

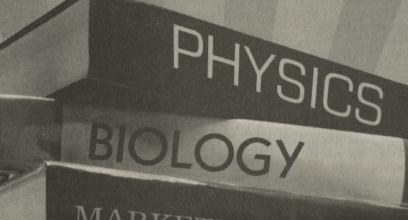
most renowned songs. The Rolling Stones song "You Can't Always Get What You Want" has and will continue to stand the test of time since its conception 43 years ago.

The approach that this song's message is implying is that of small steps. If you have something in mind that you desire, want, or hope for, then each day put forth your best effort to obtain that something. An optimistic mindset along with a behind them. However, the two driven attitude will allow you to make positive steps in the right direction, slowly but surely.

This way, you are able to truly see the journey to your goal in a fashion that makes the advance ments evident rather than the

As long as you put forth your most relentless efforts, you can not be dissatisfied with yourself. At the end of the day, if you didn't get what you wanted, you'll have more motivation than before, which is what you

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Mustangs move past **Lady Gulls** in second half

Volume 38 Issue 14

By Corey Sznajder Staff Writer Js58899@gulls.salisbury.edu.

After a strong first half, the Salisbury University women's basketball team (8-13, 5-7 CAC) fell to Stevenson University, 75-59 on Jan. 31. It was the Mustangs' first conference win of the season as they improved their record to 2-

The Sea Gulls played a solid first half, leading 31-29 at the midway point, but they struggled in the second half.

Stevenson outscored Salisbury 46-28 in the last 20 minutes and were 15-18 on free throws as well. The Mustangs were also 56 percent effective on field goals during the second half, compared to the Sea Gulls' 26.3 percent.

Stevenson was a perfect 3-3 on three-point shots. Salisbury created several turnovers but they failed to capitalize on many of them, contributing to the tough

"(Stevenson) wanted it more than us," Head Coach Charisse Mapp said after the game. "It seemed like we were a step behind all game with how we went after the loose balls and were missing easy baskets."

Men lose in

basketball

battle of SUs

Stevenson takes the win

82-76 in Jan. 31 game

Js58899@gulls.salisbury.edu

It was a rough night for the Salisbury men's basketball team

(9-12, 4-8 CAC) as they fell to the Stevenson Mustangs, 82-76, on Jan. 31, their fifth-straight

"When a road team in our

league comes in, the records go

This was certainly the case, as

the Sea Gulls now sit only one

game ahead of the Mustangs in

the Capital Athletic Conference

with a record of 7-12 and 2-8 in

It was a tough loss to swallow

majority of the first half, but let

the Mustangs rally late, trailing

32-30 after 20 minutes. The sec-

tangs took a 10-point lead at one

point, from which the Sea Gulls

quickly recovered. However, the

Mustangs pulled away late in the

"Stevenson played a very disci-

The Mustangs took advantage

of opportunities the Sea Gulls

gave them, going 13-16 on foul

shots in the second half and 20-

"We didn't play hard enough

on foul shots," said senior center

and we could have done better

plined game and I credit them

for it," Holmes said.

24 for the entire game.

ond half seesawed as the Mus-

for Salisbury as they led for a

conference play.

out the window," Head Coach

Steve Holmes said after the

By Corey Sznajder Staff Writer



Salisbury came close to tying the game a few times but got into foul trouble and eventually fell behind by 10 with eight minutes to

For Stevenson, it was a big night for senior forward Kristen Steiner who had a 27-point game, led the team in rebounds with 12 and was 13-19 on free throws. Freshman Mustang guard Alissa Chambliss also had a solid game with 16 points and two three

"I give credit to Stevenson," Mapp said. "They played a full 40

Despite the loss, there were standouts on Salisbury's side. Junior guard Glen Charlton led the team with 18 points, five assists and three steals. Senior guard Chante' McKinney was one re-

bound away from a double-double with 10 points and nine rebounds. Another bright spot was fresh-

"Maggie has such a fantastic at-

According to Sports Information Director Tim Brennan, Nagle was admitted to SU for the spring

win it for (Nagle)," Mapp said. The Gulls won the following game, on Feb. 2 against Marymount, 53-39.



past her Stevenson opponent. The Gulls fell to the Mustangs 75-59.

man guard Maggie Nagle, who scored five points, including one three pointer, after joining the

off the court," Mapp said.

"It's just a shame we couldn't

team only a few days earlier.

titude and fits in so well on and

Next, at home, the Gulls will take on St. Mary's (Md.) Wednesday, Feb. 9 at 6 p.m.

lackie Holder photo A member of the Salisbury women's basketball team tries to dribble

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David Pearman, a Columbia, Md., native, is a senior basketball star and geography major at Salisbury University. A true asset on and off the court, Pearman was recently named Sea Gull of the Week for his exceptional performance. Pearman spent three years at would you want a reggae

How long have you been playing basketball? "Since I was 5 years old. I also

he was a walk-on for the men's

to answer a few questions.

basketball program. The Flyer re-

cently sat down with the hoopster

played football and ran track in high school." How did it feel to win Sea Gull

"It was a cool honor and I think it competitive drive." is definitely something to be proud

of the Week?

Do you have any pre-game rituals? "I listen to a lot of music. I like listening to The Roots before

Where do you see yourself after

college? "I have my hands in a lot of different things right now. I will say that whatever I'm doing, it will be

Are there any special drills or games that go on during

practice? 'We have a game called 'stop and go,' where the only way to get points is to score and then subsequently stop the other team from



David Pearman

scoring."

What are some of your hobbies?

"I'm really big into music, especially reggae. I used to play a lot of reggae with my friends and I'm big into writing lyrics for hip-hop

So if you had the opportunity, the University of Maryland, where contract or an NBA contract? "Probably a reggae recording contract because I would get to travel

> There is also more longevity in music than there is in sports." Who are some of your role

models, whether it be family,

outside the U.S. more often.

celebrity, athlete, etc? "People always say this, but my parents are the people that I always look up to. Michael Jordan is one of my favorites; I love his

What is your favorite memory playing basketball?

"We beat Virginia last year to win the ACC regular season title. We got a nice big fat ring for it; it was pretty sweet."

What was it about that team that allowed you guys to win the ACC title?

"Not many people thought we were good enough to win any kind of title that season so it was great;

something I like to do. I'll proba- we could prove them wrong." Any predictions for this year's NBA Champion ... are the

Heat the team to beat? "I'm not going to say I'm a Heat fan, but I am pulling for them this year. I'm a big LeBron and Wade fan so yes, I'm going to say the

Track and field teams focus on the future

By Greg Weston

Staff Writer

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In the upcoming outdoor season, the men on the Salisbury University track and field team are looking to bring home their 8th Capital Athletic Conference championship while the women are looking to bring home their second consecu-

tive CAC title. "We want to (win both championships) in addition to qualifying as many athletes as we can," said head coach Jim Jones. "We have some quality veterans back in addition to new athletes that have the potential

to fill the voids that were left." Jones has been the coach of the SU track and field team for the past 12 years.

So far, the Sea Gulls have participated in three meets during the indoor season, two in 2011. At the Thomson Invitational held at the University of Delaware, sophomore Chelsea Tavik got the win in the women's shot-put and broke her own school record. Her achievements have already qualified her for

the NCAA provisional round. Sophomore Matt McMurdo already qualified for the javelin in the

NCAA provisional round as well. "I think (the Thomson Invitational) went pretty well," said team member Holly Defnet. "Two wins and a couple other top three fin-

At Feb. 5's Frank Colden Invitational hosted by Ursinus College, Defnet broke the Salisbury women's record for the triple jump that she set at a meet at UMES in Decem-

Defnet, who participates in the triple jump, shot-put, discus and hammer, said one of her goals for the end of the season is to break the outdoor record, and another is to win the CAC Championships in a repeat of last year.

At the Feb. 5 meet, the men finished third while the women placed fourth.

The Gulls will travel to Newport News, Va., Feb. 12 to participate in the Vince Brown Invitational hosted by Christopher Newport University.

The last meet of the Gulls' indoor season is the NCAA Indoor Track and Field Championships on March 11 and 12. The outdoor season begins March 5 with the Salisbury University Spring Classic.

Baseball players work to continue last season's success

Holmes said.

Senior guard David Pearman attempts to shoot the ball past his Steven-

son University rival. The Gulls fell to the Mustangs 82-76.

Chris McGrew. Stevenson also

converted 10 three-pointers, five

coming from senior guard Greg

Woody, which played a big part

Salisbury's top performers

in scoring with 21 points and 6

rebounds; junior forward Mike

Maczko, who had an 18-point

game, and senior guard David

Junior guard Mike Atkins was

also a big role in Salisbury's

and four three-pointers. Key

Pearman, who scored 13 points.

comeback efforts with 16 points

players in foul trouble, however,

were McGrew, who led the team

in their victory.

By Alexis Howard Sports Editor Ah48115@gulls.salisbury.edu

The Salisbury University baseball team is hoping to build off of their impressive 30-13 record of 2010. The Sea Gulls were ranked No. 21 among the nation's DIII schools in the preseason Collegiate Baseball Newspaper poll. This is the seventh season in a row the Sea Gulls have been ranked in the preseason top 30, last year

being ranked No. 7. In 2010, Head Coach Doug Fleetwood's team advanced all the way to the regional

championship game but fell to Shenandoah University

"I'm really looking forward to the first game," senior pitcher Justin Herbert said.

"If we take one game at a time, I think we will do some good things this season. I'm also looking forward to our game against the (Delmarva) Shorebirds." For the 2011 season, Salisbury will play

three teams ranked in the top seven on the preseason DIII Collegiate Baseball Newspaper poll. They will only play one of hese ranked teams at home: their home

opener on Feb. 20 against Cortland State. "We play Cortland State, who is ranked

No. 2, so that's going to be an exciting game," Herbert said. "I'm also excited to play (Johns) Hopkins and Shenandoah because they ended our season last year."

Justin Odendhal photo

hurt Salisbury's chances of win-

"McGrew and Maczko always

do a great job of doing the dirty

work to create scoring chances,

Ending their losing streak, the

so when one of them has to go

out because of fouls, it takes

away a big offensive threat,"

Gulls were victorious in their

next two games, against Mary-

The Sea Gulls will face St.

at 8 p.m. for a home game.

Mary's (Md.) Wednesday, Feb. 9

mount (Va.) and Mary Washing-

against Capital Athletic Conference opponents Wesley College, York (Pa.) College and the University of Mary Washington. The Gulls will also play Christopher Newport University in a home-and-away series. The Sea Gulls are also ranked No. 23 in the preseason National Collegiate Baseball Writers Association/D3baseball.com poll. this year," Herbert said. The Gulls have made it to the NCAA Tournament 16 times in the program's his-

The team will play a three-game series

On March 15, the Sea Gulls will travel to No. 7 Shenandoah University and No. 6 Johns Hopkins University May 5. The team will travel to Arthur W. Perdue Stadium again this year to take on the Delmarva Shorebirds Apr. 5.

lege Feb. 16 to begin their 2011 season. "I am predicting to at least make it to the (DIII) World Series this year. We are going to do everything we can to win it all

The Gulls face Virginia Wesleyan Col-

amazon.com/textbooks

Men's and women's tennis teams will depend on young players

Senior captains will also add to teams' effort

By Alex Smith Staff Writer As61171@gulls.salisbury.edu

The tennis team is one of the hidden treasures at Salisbury University. Both the men and women's teams have finished in the top two of the Capital Athletic Conference for the past five years. This year, the only difference is they are looking to capture the conference crown.

Head Coach Randy Halfpap, an SU graduate, runs both the men's and women's teams.

"I will be a happy coach if we can end each week and know we improved a bit over the previous week," Halfpap said.

Senior captains David Lupinetti and Giorgio Athans will lead the men's team. According to Coach Halfpap, both captains will be the anchors for the team and will need to show off their leadership skills.

"Losing our No. 1 and 2 singles players who were also our No. 1 doubles team this past year was a big loss, so we expect everyone to step up in order to have success," Athans said.

With a loss in players from last year, newcomers Andrew Nottage and Daniel Barnas are expected to

Athans is looking forward to meeting up with conference rival Mary Washington this year.

Athans said he feels this is the year they will finally dethrone Mary Washington.

Coach Halfpap said he also expects the women's team to have an equal amount of success. Although they have only one senior, captain Angela Tenaglia, the ladies expect their young talent to step up and contribute.

Sophomore Jillian Poppe is coming off an amazing freshman year and looks to continue her success.

"A good goal for the team would be to go 14-3 during the regular season," Poppe said.

With a team this young and goals this high, the sky is the limit for the Lady Gulls. Other girls that look to contribute are sophomores Elaina Iosue, Victoria Handlin and Rachel Lupinetti. Jessica Babyak joins the team as a newcomer.

The Sea Gulls' first chance to play will be at the Sea Gull Open, which lasts from Feb. 11 to Feb. 13. Times for matches are to be announced.

SPORTS BEAT * SPORTS BEAT * SPORTS BEAT * SPORTS BEAT Sea Gulls* Sea Gulls* Sea

SPORTS BEAT * SPORTS BEAT * SPORTS BEAT * SPORTS BEAT

Women's Basketball

The Salisbury University women's basketball team (8-13, 5-7 CAC) defeated Marymount University 53-39 on Feb. 2. The Saints are ranked second in the Capital Athletic Conference. This was the first time since Feb. 14, 2007 that the Sea Gulls defeated them, breaking an eight-game losing streak in the series.

The Saints stole an early 6-3 lead, but the Gulls had an 11-2 scoring run, taking a sixpoint lead. Salisbury went into halftime with a 9-0 run; they were on point with four of their final six field goal at-

Sophomore Katie McGahagan scored the final five points before the half, giving the Sea Gulls a 29-17 lead.

Junior Glen Charlton finished with 17 points and four steals while junior KC Curran tallied 11 points.

Junior Milan Dry scored 10 points and had eight re-

In the following game on Feb. 5, the Gulls lost to Mary Washington 55-49.

Men's Basketball

The Salisbury University men's basketball team (9-12, 4-8 CAC) defeated Capital Athletic Conference rival Marymount University, 69-48 on Feb. 2.

In the first 15 seconds, senior center Chris McGrew sunk a jump shot, giving Salisbury the first basket of the game. Junior forward Mike Maczko followed with a three-pointer. Senior guard David Pearman had a team-high nine points in the first half.

Marymount took a 42-41 lead in the second half, but junior Mike Atkins shot a three-pointer and a jump shot while Maczko scored the next four points, giving SU a 50-42 edge.

McGrew finished with a teamhigh 21 points and six rebounds. Pearman tallied 17 points and five rebounds. Atkins finished with

On Feb. 5 for their next game, the Gulls beat Mary Washington

Track and Field

The Salisbury University track and field team competed in the Frank Colden Invitational, hosted

by Ursinus College, Feb. 5. The men placed third and the women finished fourth.

Junior Holly Defnet broke her own school record in the triple jump. Defnet had a distance of 34' 7.5." Sophomore Chelsea Tavik won the shot-put with a distance of 42' 1.25.

In the 400-meter dash, freshman Whitney Handy took a third place finish with a time of 1:02.88. Juniors Emily Powell and Becca Stinner, sophomore Anna Steinman and freshman Emma Bahneman placed third in the 4x800-meter dash with a total time of 10:43.77:

The men had a pair of top-three finishes in the 4x800-meter relay. The team of senior Matt Miller, sophomore Kevin Deminne and freshmen Ryan Jackson and Jeff Carrion finished in second with a time of 8:28.20. Junior John Fitzgerald and freshmen Joel Anderson, Nathan Austin and Matthew Hallenbeck finished

Senior Brandon Lane finished second in the men's triple jump. Junior Jay Drenner finished third in the shot-put and sophomore Jacob Adedeji placed third in the

SPORTS BEAT * SPORTS BEAT * SPORTS BEAT * SPORTS BEAT

Sea Gulls* Sea Gulls* Sea

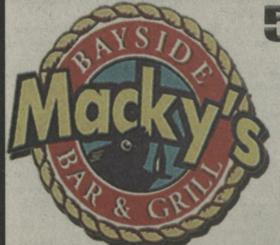
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ISBURY SPORTS CALENDAR

Tuesday - 2/8

Wednesday - 2/9

6 p.m.: Women's basketball vs. St. Mary's (Md.)

8 p.m.: Men's basketball vs. St. Mary's (Md.)

Thursday - 2/10

Friday - 2/11

金点

TBA: Women's tennis (Sea Gull Open)

TBA: Men's tennis (Sea Gull Open)

Saturday - 2/12

TBA: Women's tennis (Sea Gull Open)

TBA: Men's tennis (Sea Gull Open)

2 p.m.: Women's basketball vs. Frostburg St. (WBCA Pink Zone game)

4 p.m.: Men's basketball vs. Frostburg St.

Sunday - 2/13

TBA: Women's tennis (Sea Gull Open)

TBA: Men's tennis

(Sea Gull Open) 1 p.m.: Men's lacrosse

vs. Greensboro

Monday 2/14